

AUG - 2 2004

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Eisman 10F1 7/18/04

To:

The Food Guide Pyramid Reassessment Team

USDA Center for Nutrition Policy and Promotion

3101 Park Center Drive Room #1034

Alexandria, VA 22302

Dear Madams/Sirs,

I would like to submit the following comments regarding the Food Guide Pyramid:

1. The "Milk..." group should be renamed the "Calcium" group, with emphasis and graphics showing non-dairy sources such as leafy green vegetables. Many individuals avoid dairy products for reasons of personal belief and health issues such as allergy and lactose intolerance. The latter problem, since it has strong ethnic variations, creates issues of racial bias in any food scheme that implies there is something "abnormal" about anyone who cannot tolerate a whole group of foods. Since both the fat in cow's milk and the principal protein, casein, have been shown to raise blood cholesterol in adults, it is prudent for public health reasons, to de-emphasize all milks, including low-fat versions.
2. The graphics in the "Meat..." group should emphasize beans and nuts more. These healthy foods provide fiber and other phytonutrients that meats do not. Other nuts besides peanuts (which are an allergy problem for many people, and as peanut butter, often have unhealthy trans fats added), should be included and emphasized. Walnuts may be especially important to emphasize since they are rich in omega-3 fatty acids, which are often in short supply in American diets.
3. In both the "Fruit" and "Vegetable" groups, the use of juices should be de-emphasized or omitted altogether. Juices contain little or no fiber compared to the fruits and/or vegetables they are derived from, and therefore create a blood glucose spike in the body that can lead to Metabolic Syndrome, and ultimately diabetes, hypertension and/or heart disease.
4. The "Bread..." group should be renamed the Grain and/or Cereal group, with emphasis in graphics and text on whole grains, especially those other than wheat (which has no soluble fiber to regulate blood cholesterol and blood sugar.) More emphasis needs to go toward foods like oatmeal (but not the "Instant" products which don't provide full fiber benefit either,) barley, whole-grain rice, etc.

Sincerely,
George Eisman

AUG - 2 2004 7/29/04

To :

Schlueter 1 OF 1

The Food Guide Pyramid Reassessment Team

(88)

- 1) Why not call the "Milk" group, the Calcium Group - dark green leafy vegetables are loaded with calcium without the lactose intolerance problem of dairy products
- 2) Why not the Meat group, the Protein Group. (But more emphasis should be put on beans, nuts etc. as they cause less problems such as saturated fats)
- 3) Veggie & Fruit groups should delete the juice & expand on the necessity of eating the whole food.
- 4) Bread group should stress whole-grain breads & bread products

Sincerely,
Shelly Schlueter

Graham | 1 of 2

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[Signature]

(89)

Stephanie Graham

Walker, LA
July 27, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

To Whom it May Concern,

My name is Stephanie Graham and I'm writing to share my thoughts on the USDA Food Guide Pyramid. My comments are based on my experience controlling carbohydrates, which have helped me to regain control of my health and my weight.

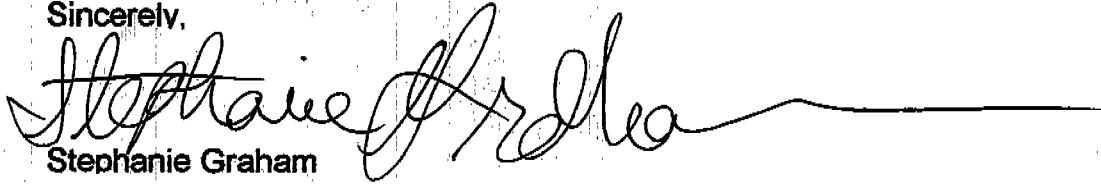
I have always had problems with my weight. If I had a dollar for everytime i was teased about my weight at school, I wouldnt be rich, but I would have a lot of dollars. As soon as I started the Atkins diet, I noticed a difference. My energy level was sky high, and my pants have never been that loose. It is hard being an overweight adolescent, but because of controlling my carbohydrate intake I have never felt or looked better.

My comments are as follows: The existing food pyramid is horrible. People get an average of 25% of their calories from snack food. Snack which includes chips, Little Debbie's, and ice cream. carbs, carbs, and more carbs. Its horrible. People wonder why the obesity levels have reached epidemic proportions. Its because people view carbohydrates as healthy, because of the current food guide. What about vegetables? Protein needs to be major component of the food guide. Sure, people have a problem with high-fat red meat, but they dont realize that red meat is not the only source of protein. There are many lean sources of protein. For instance Fish, Chicken and other poultry, tofu, eggs, and nuts. Vegetables also need to be a bigger part. They supply you with most needed vitamins and minerals. Fruits can be tricky. There should be two different groups. Fruit low in sugar (berries, avocados, and pears) and Fruit high in sugar (melons, bananas, and grapes)

Please take these comments into consideration as you re-evaluate and redesign the Food Guide Pyramid.

Graham 2 OF 2

Sincerely,

A handwritten signature in cursive script, appearing to read 'Stephanie Graham', followed by a long horizontal line.

Stephanie Graham

Johnston 10F3

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Thanks for allowing me to give input on the Food Guide Pyramid

As a nurse I try to encourage good eating habits and exercise and I try to follow them. The Food Guide Pyramid is a wonderful guide.

My only suggestions are:

Guide people on PORTIONS. (BIG KNOWLEDGE DEFICIT)

America is gorging itself. There is no self discipline and some people scoff at guidance. Hindsight is always better than foresight. Later when they get diagnosed with diabetes or a heart attack or a stroke or they have complications from diabetes they wish they had taken better care of their bodies. People that follow good eating habits, lose weight, and exercise know and feel the benefits but it ain't easy. Any "good" habit takes work and the body surely responds.

And it's never too late to start good habits. In nutrition class one thing I learned "fat gives food flavor." At times we all eat something unhealthy. Those that do it every meal don't care about themselves. It took a long time to get fat and it takes a long time to get it off. Also no one stays with an exercise unless they find a way to enjoy it.

½ cup of cooked or canned vegetables or fruit

½ cup pasta or rice

1 cup raw fruit or vegetables

¾ c. juice

1 medium apple

½ banana in the morning and ½ banana in the evening (fruit serving for the day)

palm sized or cassette tape sized meat portions

Divide the fruit and vegetables group

2 fruits a day and 3 vegetables per day

Some people will eat 5 fruits a day / With all that natural sugar they wonder why their blood sugars are high or they are gaining weight.

Also knowledge about high fiber foods to help lower cholesterol and regulate people's bowels. Fiber acts like a brillo pad to add bulk to the bowel and propel cholesterol out of there.

The calories in celery are used up chewing it. Magic!

The cancer society also encourages variety.

So many healthy choices. People have to expand their minds to the variety of healthy choices out there that taste so good! Some people get so bogged down eating the same old boring thing over and over. No wonder they quit.

All food gives energy.

If people want to lose the fat hanging off their body the area they need to decrease will be carbs. I don't advocate any specific diet but I know from experience people eat entirely too many carbs (a day's worth in one meal), not enough fruits and vegetables.

Johnston 2 of 3

and too much meat. Balance is the key. However the proteins are what burns slow and decrease food hunger and cravings.

The good thing about fad diets is it makes people evaluate their eating habits thus causing changes that cause weight loss.

I will not accept any excuses for choosing healthy foods when eating out or shopping. I can buy a chicken sandwich (99cents) at Jack in the box and a side salad (\$1.68) Chick File gives coupons in the paper and subway gives a stamp with each sandwich so eventually you get a free sandwich. Many restaurants have salad bars and places like Luby's or a buffet would be a good choice for a diabetic but they have to use discipline and make wise choices.

When I was working full time and going to college I was on a limited budget. I couldn't afford to eat out.

I ate a huge chef salad many evenings for supper.

I would buy fresh fruits and vegetables, small boxes of raisins, canned or frozen vegetables and fruit, eggs, low fat milk, chicken, tuna fish, fat free sliced ham or turkey, peanut butter, hamburger meat and remove the fat (broiled patty), thin sliced bread with high grain content, rice, macaroni and dry beans. I couldn't afford processed foods such as snacks. I would eat cereal such as cheerios or oatmeal for breakfast or a cheese slice and piece of fruit. I memorized the calories in many foods.

It took planning but I was determined to stay as healthy as possible despite the added stress I was going through. I also exercised daily.

A lot of healthy foods are readily available today for those on the go.

Salads, fruit, tuna fish, carrot sticks, raisins, frozen meals, etc.

Diabetics and those on low salt, low fat diets have it a lot better than 30 years ago.

In a rush most people resort to their old habits. (hamburger, coke and french fries)

You don't have to read food labels to know if you stay away from processed foods you are staying away from fat, sugar and salt.

Avoiding fried foods. Bake, broil, boil and grilling (especially meats) There has to be an acronym there somewhere.

We live in such a disposable instant gratification world.

People give up so easy not knowing that months may pass before the scales change.

They will see looser clothes before they see a change on the scale.

There are refrigerators that plug into vehicle cigarette lighters now for truckdrivers that are diabetics and complain they can't make wise food choices eating out while on the road.

Johnston 3043

Water, juice and low fat milk. Three important liquids people usually don't partake enough.

Especially water. It's so important. We know how much water helps the outside of the body in helping us be clean. It also helps the inside. It helps blood glucose levels become lower, helps flush kidneys, helps constipation (water is absorbed in the intestines), keeps nasal secretions thinned so drainage is better and helps lung secretions be looser so they can be coughed up. It also helps one feel full so they are not as hungry. Caffeine and alcohol have a tendency to cause a diuretic effect. Caffeine can rob the bones of calcium. Juice has all that vitamin C. Milk has all that vitamin D, protein and calcium.

Last but not least the subject of alcohol. It's vague on the food pyramid. So many calories. Grape juice lowers cholesterol as well as a glass of wine. Alcohol effects women different than men. One to two drinks a day max preferably with a meal. It's ok to relax but too much alcohol makes you drunk, fat, or robs one from absorbing nutrients or causes dependence and if you're driving and drunk it can be lethal.

I believe there is better education today than 30 years ago about healthy, responsible ways of ETOH consumption.

I believe a positive attitude (being happy) with new disciplines (healthy food choices & exercise) makes a difference in one's metabolism. It shouldn't be a stressful experience. Stress causes high blood pressure and high blood sugars in diabetics, etc. Studies have found humor during a meal helps a diabetic have better glucose readings.

Most people look at you like you are from another planet when the above information is given.

Keep up the good work.

Valerie Johnston R.N. (V.A. nurse)

[Hagg] 10F1

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Eau Claire, WI

July 27, 2004

Re: Food Guide Reassessment Team:

I'm writing in favor of revising the food pyramid. At present it is heavily weighted on the side of any kind of grains, whether healthful whole grains or nutritionally bankrupt refined ones. It makes any kind of fat out to be harmful. My studied opinion is that saturated fat is not the killer substance that we have been led to believe that it is. Oxidized cholesterol and trans fats are the real horrors. We need all the various kinds of fats the Maker included in foods, polyunsaturated, monounsaturated, and saturated, in our diets in proper amounts. We also need a certain amount of cholesterol. As well as a heretic, I know this probably labels me as a lunatic. What someone calls me is not the issue, enjoying vibrant health is. Since extensively researching the subject and in the process losing my fear of fats, I've experienced the best health ever.

As a part of a balanced diet, even the most healthful foods should be eaten in moderation. When you stress one food group, carbohydrates or proteins are good examples, over the others, you do so at the loss of your health. Our Creator designed us to function optimally on all three, fats, carbohydrates and proteins. As they each perform unique roles in the body, we must have them all in the proper amounts or we will not be healthy. We simply need to eat them as close to the way God created them as possible. The more man tampers with a food the further I stay away from it.

Sincerely,

Jan Hagg
Jan Hagg

July 29, 2004

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Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

To whom it May Concern,

My name is Luz Cabrera and I'm writing to share my thoughts on the USDA Food Guide Pyramid. My comments are based on my experience controlling carbohydrates, which have helped me to regain control of my health and my weight.

Since I starting to watch my carbohydrates I have lost 30 pounds. This is not a diet; it is a way of life.

Please take these comments into consideration as you re-evaluate and redesign the Food Guide Pyramid.

Sincerely,

[Handwritten signature: Luz Cabrera]

Luz Cabrera

Mt Laurel NJ